



DelaWELL Health Management Program

The State of Delaware is pleased to provide you and your eligible spouse and dependents with activities, tools and resources to help you take charge of your health and wellbeing! Through the DelaWELL Health Management Program, eligible members* will have **FREE** access to a confidential online wellness assessment, onsite health screenings, wellness challenges, online and onsite health seminars, personal health coaching and much more **starting October 1, 2010!**

The DelaWELL program is designed to support you in developing healthy habits for a lifetime. Whether you want to learn how to better care for yourself or a loved one, have more energy or increase your physical activity, the tools you need are available at your fingertips. This program is provided for free as part of your health care benefits.

*Who is Eligible to Participate?

The DelaWELL program is available to individuals who are currently enrolled in a State of Delaware Group Health Plan (non-Medicare plan).

Earn DelaWELL Rewards

Benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners, who are currently enrolled in a State of Delaware Group Health Plan can earn **Wellness Credits** for participating in various program activities throughout the year, and these credits can translate into valuable **DelaWELL Rewards**:

- **Silver Level:** Earn 20 wellness credits (including Wellness Assessment) and earn a **\$100 DelaWELL Reward**¹
OR
- **Gold Level:** Earn 20 wellness credits (including Wellness Assessment **AND** Health Screening) and earn a **\$200 DelaWELL Reward**¹

2010-2011 DelaWELL Program Activities

Program Activities	Wellness Credit Value	Annual Max
Wellness Assessment (Available Oct 1 – Dec 31, 2010 on the DelaWELL Health Portal at https://delawell.alerehealth.com .)	6	6
Health Screening (Offered October - December 2010 at various State of Delaware locations. Sign-up for an appointment nearest you on the DelaWELL Health Portal at https://delawell.alerehealth.com !)	4	4
Healthy Living Programs (Online)	4	8
Online Monthly Seminars	1	8
Health Coaching or Condition Care Program	5	5
DelaWELL University Onsite Health Seminars ² (Offered Oct 2010 – Apr 2011. Register for a location nearest you on the DelaWELL Health Portal at https://delawell.alerehealth.com !)	3	12
Local Activity / Community Event	2	4
Attend Open Enrollment Health Fair (May 2011)	2	2
Online Satisfaction Survey	2	2
CHALLENGES		
Strive for 5! Challenge (Nov 1 – 30, 2010)	5	5
Weigh Down, Stay Down Challenge (Jan 10 – Mar 4, 2011)	5	5
Get Moving Challenge (April 1 – May 15, 2011)	5	5
Total Credits Available		66

Details are available on the DelaWELL Health Portal at <https://delawell.alerehealth.com>.

¹ DelaWELL Reward amounts will be paid in July 2011. Rewards are **NOT** offered to spouses, dependents or participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees).

² DelaWELL University Health Seminars are **ONLY** offered to benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners who are currently enrolled in a State of Delaware Group Health Plan.

DelaWELL Program
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Your Privacy Is Important

Your participation in any DelaWELL wellness activity is completely voluntary and confidential. The State of Delaware is committed to protecting your privacy. All personal health information is stored securely by Alere®, a leading provider of health and wellness solutions. No one at the State of Delaware will have access to your protected health information. Only aggregate data is reported to the State of Delaware to identify trends and target health and wellness activities to best meet the needs of members and their dependents.

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DelaWELL Health Management Program

October 1, 2010 – May 31, 2011



<https://delawell.alerehealth.com>
(866) 674-9103



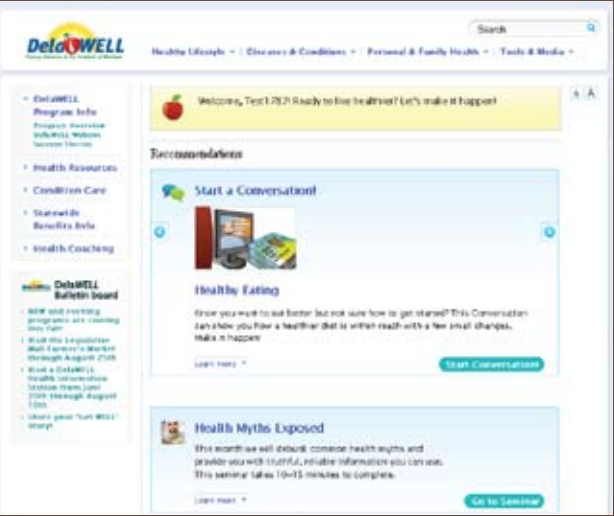
Get Started with DelaWELL

Follow these simple steps to get started:

1 Register and Set Up Your Personal Profile.

Visit the new DelaWELL Health Portal at <https://delawell.alerehealth.com> and follow the steps to register on the login page. You'll set up your personal profile, including a username and password you choose to keep your personal information secure.

Eligible spouses and dependents over age 18 may create their own personal profiles. Simply select your affiliation from the drop down list to **register** and complete the fields using the last 4 digits of the employee's/pensioner's social security number. You'll set up your own username and password to keep your personal information secure. Spouses and dependents are welcome to participate in the DelaWELL program, but only benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners who are currently enrolled in a State of Delaware Group Health Plan, are eligible to earn DelaWELL Rewards.



DelaWELL Site Tour

DelaWELL Bulletin Board: Learn about current DelaWELL University Onsite Health Seminars and latest program news here!

DelaWELL Program Overview: Get details and information about all DelaWELL program activities.

Healthy Lifestyles: Get information, tools and trackers to help you make small changes that can make a big impact on your health and wellbeing.

Disease & Conditions: Find in-depth, reliable medical information and tools covering a wide variety of conditions along with resources to help you make the most of your healthcare dollars.



Get Started with DelaWELL

2 Know Your Numbers - Attend a DelaWELL Health Screening.

Knowing your key health values, such as blood pressure, blood sugar (glucose) and cholesterol, is important to help you stay healthy and detect health conditions early when they are most treatable. Visit the DelaWELL Health Portal and sign up for a **FREE Health Screening Appointment** provided at various State of Delaware locations during October, November and December 2010.

3 Know Your Score - Complete Your Online Wellness Assessment.

After you attend your health screening appointment, your next step is to complete your confidential online **Wellness Assessment**. To receive the most comprehensive report and recommendations, include your recent health screening values. You can enter these directly from the sheet provided at your DelaWELL Health Screening OR wait about two weeks after your screening event for your screening values to be automatically included in your assessment for you. If you want your values loaded for you, do not click "Finish" on your assessment until after your values are included.

The Wellness Assessment is a questionnaire about your health habits and can be completed online in about 15-20 minutes. As soon as you finish, you will get your Wellness Score and personalized report. The results will help you identify your health risk areas and give you practical suggestions for improving your health and reducing your risk for illness and injury.

4 Participate in Program Activities.

The DelaWELL program has many options to fit your individual needs and health goals, including healthy living programs, health coaching programs, condition care programs, onsite health seminars, wellness challenges, online seminars and more. You are encouraged to enroll in one of these to help you live well today!

DelaWELL University Onsite Health Seminars

Onsite Health Seminars will be held at various times and locations throughout the state from October 2010 – April 2011. Topics include Self-Care, Diabetes Prevention and Control, Tobacco Cessation, Weight Management, Heart Health, Nutrition and Stress Management. Register today for a location nearest you by visiting the DelaWELL Health Portal at <https://delawell.alerehealth.com>. DelaWELL University Health Seminars are **ONLY** offered to benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners who are currently enrolled in a State of Delaware Group Health Plan. The Onsite Health Seminars are **NOT** offered to spouses, dependents or participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees) due to limited seating accommodations.

Healthy Living Programs

Choose from a wide range of self-paced, six-week programs to help you achieve health goals in key areas, such as increasing

physical activity, eating healthier and reducing stress. You will have an achievable goal each week and a To-Do List of action items to help you make it happen. Regular e-mails will remind you to stay on track.

Health Coaching Program

You have access to your own confidential **Health Coach** who provides personalized guidance through a series of phone calls or online interactions to help you reach your health goals, such as losing weight, increasing physical activity or quitting smoking. If you are ready to make a healthy change and need the additional support of a coach, call 1-866-674-9103 to get started.

Condition Care Program

If you have certain health conditions and are benefit eligible and currently enrolled in the State of Delaware Group Health Plan, an Alere nurse is available to you 24/7 to help you manage your condition, get the most from visits to your healthcare providers and live well. Conditions include asthma, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), coronary artery disease (CAD), diabetes, back pain and osteoarthritis. Call 1-866-674-9103 to find out more about the confidential **Condition Care Program**, administered by Alere.